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Monsters of Water

FOR HEALTH

(ILLUSTRATED)

**EASY WAYS OF KEEPING FIT BY DIFFERENT
WAYS OF USING SIMPLE WATER**

BY

PROF: DEYER

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WONDERS OF WATER.

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WONDERS OF WATER.

Water and its importance.

There is one Phase of "Hatha Yoga," however, which constitutes an important part of this great system of Natural Healing, which should be understood and practised by all with advantage. "*Prana*," is the great universal principle of energy which permeates all things, and which has one of its manifestations in all living things. *Prana* is to be found in food, water as well as air. In these three forms it may be used by living creatures and changed into Vital Energy, or *Prana*. *Prana* is present in every drop of water, although in varying degrees. Fresh running water contains a much greater proportion of *Prana* than stagnant and still water. Likewise water that has been contained in cisterns, tanks, or vessels is found to have parted with much of its original store of *Prana*. And water that has been boiled has lost much of its *Prana*.

In using water for drinking, it is always well to pour it from one glass

or vessel to another, backward and forward, several times. Those who will practise this plan will discover a new pleasure in drinking water, and will notice a decided improvement in the resulting effects. Water thus "*Pranized*" will be found to have a slightly invigorating and stimulating effect which is, of course, absent in ordinary water. Persons who wish to rid themselves of the desire for alcoholic stimulants will find it much easier to do so if they will *Pranize* their drinking water.

In sipping the *Pranized* water, allow it to remain in the mouth for a moment or so before swallowing. The nerves of the tongue and the mouth are best adapted to absorb the Prana from the water. Many Oriental people knowing the effect of the *Pranized* water, often fill the mouth with water, when tired at work, and passing the tongue through it several times spit forth the water.

In the same manner, when one wishes to take a hot bath, or to drink hot water; or to apply hot-fomentations, etc.; it will be found advantageous to *Pranize* the water before using.

To the Hindu-Yogi, water is Nature's great Remedy. He believes in its liberal application, internally and externally. He regards it as the milk from the breasts of Mother Nature, which she would furnish to her offspring.

There is virtue in simplicity, and danger in complexity. Nature's best things are always simple, and common. To re-discover this fact men have travelled many a weary miles of thought and experiment. In the end every advanced thinker has always found his road leading back to "Nature."

Physiology teaches us that over one and a half pint of water passes from the body in the shape of perspiration every twenty-four hours; and that during the same time nearly three pints of water are passed off in the shape of urine—two quarts and over in all.

The important juices of the body are composed of fluids, of which water is the basis. Not only is the blood, which is the very essence of physical life, composed largely of water; but also the bile, the gastric juices of the

digestive organs, as well as the saliva are fluids of which water is the basis.

We give to the study of irrigation of the soil much care, time and thought, for we recognise that, that is a subject upon which depends the welfare of our crops, and consequently our material welfare. But to the irrigation of the body, we give little or no thought, and are apt to dismiss the subject as of little importance. We take the greatest care to see that our domestic animals are kept supplied with sufficient water to drink and bathe. We recognise the natural wants of these animals, and yet we do not think of bestowing one fraction of the same thought upon the wants and requirements of our own bodies.

Dear reader, you should use sufficient water internally and externally if you intend keeping up your health.

There is no wonder if so many people are suffering from constipation and congested colons. There is no wonder if their bowels are clogged up with the refuse of their systems, when they do not irrigate the canals with sufficient water to carry away that matter. These water-famished

people are troubled not only with constipation, but their livers and kidneys do not work properly. Their blood supply is below the normal, and they exhibit a bloodless, anæmic appearance, and tend to go into *decline*. The Medicinal effects of water are well known. Water acts as a tonic, when taken internally and externally.

Cold water scientifically administered as a drink, will reduce excessive heart action, while warm water will increase the heart's action. Water greatly increases appetite, if administered properly, and at a right temperature.

Hot water acts as a powerful stimulant, and also as an antiseptic. In cases where a patient has lost a great deal of blood, by hemorrhage, physicians often inject a quantity of sterilized water, with a small amount of salt, into the circulation, which gives the heart something upon which to exercise itself, and which also takes up the weakened, and dying corpuscles clinging to the sides of the arteries and veins, giving them a fluid in which to live and work; in

other words it acts as a good substitute for the blood until the system is able to manufacture more.

In case of bad throat gorging of hot water with a little salt in it speedily effects the cure.

Over two quarts of water is passed off every day in the shape of urine and perspiration; *then where does it all come from ?* A portion comes from the liquid parts of the foods we eat, but the greater part must be placed in the system by means of water which we drink, else Nature is compelled to draw upon the fluids of the system for the deficiency. If she draws on the fluids of the system, of which she has such a great store, the result is that sooner or later the body will become thin, and dried, and the person will lack sufficient blood and the other juices and fluids of the system. The patient will thus suffer from a number of ailments, beginning with constipation developing into dyspepsia, and ending in bloodlessness. The best authorities agree that the normal amount of fluids that should be taken by the average person is about two quarts every twenty-four hours. You

will find it an excellent habit to get into the way of drinking a cupful of cold water the first thing after rising up in the morning, and another just before retiring at night.

Dear reader, you should thus cultivate the two quarts per day habit, and you will find that your constipated condition will vanish, and that your digestion will improve; and that you will begin to plump out again, and your cheeks will take on their rosy hue.

HOT WATER DRINKING.

This method of cleansing the stomach became quite popular during the past few years, and formed an important part in the treatments of the original Water Cure practitioners. It acts largely in washing out the stomach, and relaxing the congested conditions inside. Hot Water ($\frac{1}{2}$ pint-1 pint) should be taken soon after getting up in the morning, or, if taken during the day, care should be taken not to eat for over half an hour afterwards. The Hot Water Drink has been used by many people

with excellent results, and thousands of cases of indigestion, dyspepsia, weak stomach, etc., have been relieved thereby.

ORDINARY WATER BATH.

Many persons will smile when they see this heading, for they are apt to think that there is very little to be taught regarding the ordinary baths, and, yet, very few really know how to get the best results from them. The proper time to take the cleansing bath is either in the morning soon after rising, and before breakfast; or else in the evening, some time after eating; and just before retiring. Persons should avoid eating just before or just after a bath. A bath should never be taken less than an hour after eating, nor should one eat a meal in less than half an hour after the bath. The temperature of the cleansing bath should be regulated to suit the feelings and pleasure of the person bathing. Nor should people take a bath when they are greatly fatigued, or when the vitality is low. A medium temperature is preferable,

neither so cold as to chill one, nor so hot as to produce the feeling of great heat ; although both, very cold and very hot baths, have their purposes and uses.

Having your bath at the proper temperature, either in a bath-tub, or some substitute for the same, dip your hands in the water, and then rub a piece of soap well between the palms, and then getting into the tub give your body a thorough rubbing from head to foot. At the same time you may administer to your body a gentle form of mas-age, rolling and kneading the muscles and limbs, and rubbing the abdomen. Then dry the body with a thick towel. It is not necessary to rub the body roughly in drying off, as so many do; a soft patting and pressing of the towel answers the purpose and does not irritate the skin as does the rough drying process. Those who have not easy access to the bath-tub, may pursue the above method by standing before an ordinary basin.

The Non-Drying Method of Father Kneipp.

Father Kneipp says, "After a cold application the body should never be wiped dry, with the exception of the head and hands and wrists. The wet body should be at once covered with dry underclothing as quickly as possible, so that the wet parts may be hermetically sealed. Then the outer clothing should be put on at once."

This may seem to be a peculiar proceeding to the majority of people not accustomed to it, and such may fear that they will remain wet all day long, but if they will but make a trial of this method they will discover by experience the advantages and pleasant results of this form of practice. But I must advise light exercise to be taken, or else a walk as soon as the person is dressed after the bath, and this must be continued until the person is perfectly dry and warm.

THE HOT BATH.

It may be taken with the water at a temperature of from 98 degrés to say ten degrees higher. It should be begun by a rubbing with hands as

before mentiond. Then before drying one should take a bath at a considerably lower temperature. The hot water opens the pores, and without the cooler application there is a danger of sudden draughts which the cool application obviates. Hot baths have a relaxing effect, reducing the pulse and respiration, relaxing the muscles, etc.

THE COLD BATH.

The cold bath is used advantageously by persons in good health and of strong vitality but is not advisable in the cases of very young children, weak women, or any one whose vitality has become impaired.

There is nothing more invigorating to a strong man or woman of strong vital temperament, and constitution, than a cold bath. *We may say that any bath below blood-heat (98 degrees) may be considered a Cold Bath.*

Father Kneipp, was a great

advocate of Cold Bath. He says "One of the purposes of the cold bath is that of hardening the weakened organisms, and thereby strengthening them to renewed activity. In order to keep healthy one must be hardened against the outer influences of changing weather, temperature, etc. Most unhappy is he whose lungs, neck or head are injured by every wind, breeze, or storm, and who is obliged to consult the weather-vane the whole year around, to know whether to venture out or to remain indoors. The tree is indifferent to the storm and calm, the heat and the cold. In the wholesome open air it braves wind and weather, and is hardened thereto by its nature. Let a healthy man try our cold bathing, and he will become like the tree."

In taking Cold Bath or *plunge*, one should avoid having the water too cold, particularly if he is not accustomed to the cold bath. The first incident of the Cold Bath is the "shock" which comes immediately the body is plunged beneath the water, or when the water is poured over the body as the case may be. This shock

at first drives the blood inward, and the surface of the body becomes quickly chilled all over. Then comes the reaction, when emerging from the water you rub the body vigorously. The reaction comes with a rush, and you feel a glow all over the body, which is very exhilarating and which sometimes continues for hours.

(1) Never take a Cold Bath when the body is chilled. (2) If you are chilled when you arise, you should warm up the body by exercise before taking the cold bath. (3) Neither should one take Cold Bath when exhausted or fatigued by hard work, or after mental exhaustion, for in such circumstances the system loses a part of its power to react.

Hot and Cold Baths are very useful for building up the strength and physique of a person. Hot Baths open the pores of the body and thereby allow sweat to come out freely and thus render the human system free from *poisons*. The Cold Baths harden his system and enable a man to boldly face all wind and weather like a tree.

HOW TO TAKE WARM BATH.

The temperature of Water for a Warm Bath should be at about 98°F , to a point which is agreeable to the back of the hand.

Some people are of opinion that the hand is a very imperfect guide and that for the safe administration of Warm Baths a *bath thermometer* is indispensable. In the absence of a thermometer you should uncover your arm to the elbow and immerse it in the water as the skin of the elbow is thin and sensitive to any excessive degree of heat.

The person should be immersed in the bath up to his neck, and a cold wet towel or a large sponge may be applied to the head.

The temperature should be *fully maintained* by additions of fresh hot water carefully poured down the side of the bath till the patient comes out. The bath should be given in front of a good fire, and a warm blanket be in readiness to wrap the patient in directly he leaves the bath.

The Warm Bath (92° to 98°F .) and the hot bath (98° to 112°F .), are

remedial agents of great value in many affections. They are chiefly used to equalize the temperature of the whole body, to soothe the nervous system, to control the action of the heart to promote perspiration, to relax the muscular system, and, especially to equalize the distribution of blood throughout the body. In the latter instance a disproportionate quantity of blood in internal organs is recalled to the surface, and free circulation promoted.

The Warm Bath is often of signal benefit in the diseases of children—*Convulsion, Measles*, etc., In the fevers of children it calms the nervous excitement and is often followed by refreshing sleep. In infantile convulsions the application of hot water to the head has often a great effect in calming the patient.

It often aids the cure in inflammation of the kidneys, bladder, and uterus. A Warm Bath once a week, cures or prevents many of the diseases incident to the period, by promoting free action of the skin.

GENERAL INFORMATION.

The Cleansing Bath may be taken daily or at frequent intervals. The Hot Bath should be taken not oftener than once a week; and in case one is travelling it will be found that the ordinary bath will remove the accumulated dirt, without the need of the Hot Bath.

FOOT BATH.

We cannot urge upon you too strongly the importance of bathing the feet. There is a peculiar connection between the soles of the feet and the nervous system, which is clear by the sense of the relief and nerve rest afforded by the application of water to the tired feet, particularly at night. More than this the excretory channels of the skin, in the feet, are large and apparently perform more work than those in other parts of the body, as is evidenced by the tendency of feet to excrete foul smelling perspiration. For this reason the feet should be kept clean. Foot Baths, are found very useful in cases of headache, pains in the neck, congestion, etc.

HOT FOOT BATH.

This bath is applied by placing the feet in a bucket or a small tub



hot water reaching up over the ankles. The knees, legs and the body should be protected from the outside air by means of a blanket placed around the legs of the patient. The feet should be kept in the water from five to fifteen minutes, according to the requirements of the case.

The Hot Foot Bath (or the Hot Sitz Bath) is taken preferably at bed time. Immediately before retiring to bed the person should be undressed but well covered with a blanket. He

(or she) should sit on a stool and the feet should then be put in the hot water (98°F) and the temperature afterwards increased by fresh additions of hot water for five, ten or fifteen minutes according to the strength of the person, and until free perspiration appears on the face. He (or she) should then be rapidly washed with tepid water, rubbed dry, got into bed and well covered with clothes. Perspiration should be further encouraged by drinking cold water.

On rising in the morning he (or she) should take a Cold Plunge Bath or quickly sponge over the whole surface of the body, and dried with a towel afterwards.

The Hot Foot Bath is used for a variety of purposes. It promotes general perspiration and relieves Catarrh, fever etc. in their first stages. It is also useful in sudden suppression of the menses during the flow, from exposure to cold or wet. It relieves pelvic pain due to inflammation of the Uterus, Ovaries, Vagina or Bladder. It is the best remedy for pains in the Hips. Headache, palpitation, the hysteric

sensation of choking, piles etc. are likewise relieved by this bath.

THE BLANKET BATH.

This is an easy method of inducing perspiration. A Blanket is wrung out of hot water, and wrapped round the patient. He is then packed in three or four dry blankets, and allowed to repose for thirty minutes. The coverings then he taken off, the surface of the many body rubbed with warm towels, and the patient made comfortable in bed.

PLUNGE BATH.

It consists in plunging the body under the water at once, allowing it to rest there a moment or two, and then stepping from the tub and bringing on the reaction, as above stated.

"COLD SPLASH BATH."

It consists in putting some water in the tub, and then splashing and patting it all over the body with the bare hands.



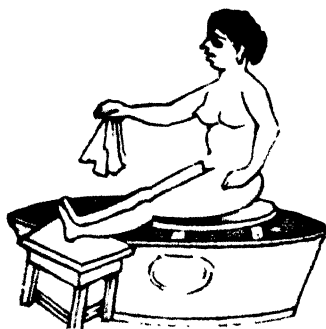
Fig. No. 1.

HAND BATH.

Take a basinful of water, reasonably cool, and dipping both hands in it rub the water over the entire body hastily, and then wipe it dry. You will be surprised at the invigorating effect of even this mild application of cold water, and will experience a bracing upland invigorating effect that will delight you. It acts as a good tonic, a hardener, and has rendered many immune from their former tendency of "*catching colds.*"

COLD SITZ BATH.

This is useful in cases of Amenor-



rhœa and other diseases peculiar to ladies, and many sexual ailments in males.

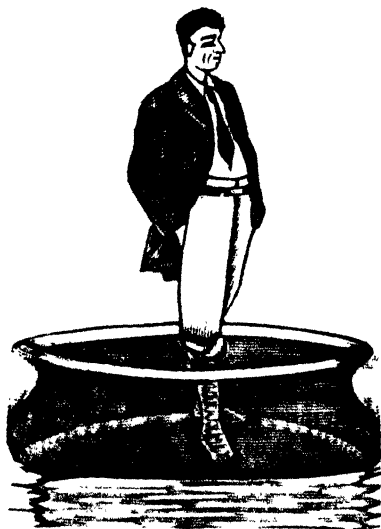
The patient should sit for 5 to 15 minutes preferably at bed time, in a tub with water, on a small stool placed in it. The feet of the patient should be placed on a small stool outside the tub at a temperature of about 60°F. The feet legs and upper portion of the body should be kept quite dry. The patient should dip a small piece of linen cloth into the water and rub gently the private parts (*for a detailed description see my book "MIRACLES OF NATURE."*)

Yogi Ramacharry Writes: "Cold Water applied to the outer "Private parts" at night before retiring, or in the morning upon rising, and then followed by a vigorous, stimulating rubbing and drying, will

be found very invigorating. In India there are many cases in which sexual vitality has been preserved until very old age, or restored when once apparently lost, by this simple method."

WALKING IN WATER

This is very efficacious and of direct influence in many diseases which have their seat in the bowels,



bladder, and kidneys. It relieves the lungs and expels noxious gas from the stomach and removes head-ache.

Similar walking bare foot on wet grass, on newly fallen snow, on wet stones, or on wet sand, are also very effective and simple natural remedies for various troubles.

Kneipp Says "If you walk five minutes in fresh fallen snow, your tooth ache will speedily disappear."

WET SHEET PACK.

First spread over the bed several heavy coverings. Then over these, spread a pair of flannel blankets. Then over the blankets spread a sheet which has been soaked in cold water (ordinary temperature as of *well* water) and which has been wrung out lightly so as to avoid dripping. Then have person (fully undressed and without any clothing) lie down on the wet sheet, on his back, and his arms at his sides. Then wrap the sheet carefully around him, until he is well enfolded in it. Then wrap the blankets around him, over the sheet, in the same way. Then wrap the coverings around him, over the blankets, in the same way. The head is of course left out, and should

be raised up on a pillow, in a comfortable manner. Be sure that the feet are well wrapped and tucked in. If the feet do not get warm with the rest of the body, it may be well to apply a bottle of hot water to them for a while. If the patient shows a tendency to headache, apply to his forehead a towel which has been soaked in cold water, and then wrung out, which should be renewed as often as it grows warm. The usual time for the patient to remain in the pack is from thirty minutes, to forty minutes. The object is not to "sweat" the patient severely ; but a fair degree of "warmth" is all that is needed.

When the treatment is concluded, the patient should be washed well with luke-warm water and soap, followed with cooler water. He should be given cool water to drink before, and during the treatment, letting him sip the fluid, instead of drinking large mouthfulls. If the patient is inclined to be weak before the treatment you would do well to substitute a sheet which has been soaked in luke-warm water instead of the cold water sheet.

A coarse sheet is better than a fine one and you would do well to keep one or more ready if you intend using this treatment in your family. The sheets should be well washed after each treatment, as they become filled with foul, sweaty matter.

It is a good thing for the person in ordinary "good health" to take *Wet Sheet Pack*, say once a month, in order to get rid of the accumulated foreign matter of the system.

THE HALF-PACK.

This is a modification of the above mentioned treatment, and consists in an application of the sheet merely to the trunk of the body that is, from the arm pits to the hips. It is used in cases where the patient is too weak and feeble to stand the effect of the full-pack.

Practitioners have noticed, that in cases of people who take the *Wet Sheet Pack* treatment, regularly say once a month, the skin gradually becomes soft, velvety, and beautiful; its texture becomes more firm and sound, and the pores seem to function

more vigorously and normally.

FOMENTATION.

A Fomentation is a warm or hot application to a part of the body, for the purpose of relieving pain. The following is the method usually employed by the best practitioners. Take a towel which has been well soaked in water as hot as can be borne by the patient, and then fold it in two or three folds. Then take a soaked folded towel, and enclose it in another towel, which also must be folded around the first one. Then apply it to the affected part, and leave it there until it begins to cool. When it cools, replace it with another similar application. Repeat this several times until relief is obtained. This treatment is specially useful in cases of pains in the stomach ; pains in the kidneys ; headache, etc.

ENEMA

An enema is a liquid injected into the large intestines, through the rectum, by means of a suitable

instrument. The method of using Enema is very well explained in my book **First Sexual Impulse**. Injections are used for various purposes.

1. *To relieve the bowels*--Injections act vigorously in washing away the accumulated poisonous matter in the intestines. For this purpose one or two pints of water warm enough not to cause inconvenience if a finger dipped in, should be slowly injected after the introduction of the fluid the patient should lie down and retain the water in for about 15 minutes. So a large quantity of water cannot be easily introduced or retained by patients who have not previously used injections. As a general rule the best fluid for injection is tepid water to which a little salt is added. Warm injections relieve pain in the bowels, the bladder, the uterus or even in the kidneys. The injections have a great value in long standing constipation.

2. *To restrain Diarrhoea*—For this purpose small injections only are necessary—one to two ounces; if copious injections are used, the intestines are stimulated to contract and

expel their contents. Starch water (tepid) is an excellent material for such a purpose ; it should be made of the consistence of cream, and about two ounces used. Incurable cases, and when the Diarrhœa resists other means, a few drops of opium should be added to the starch. Starch injections are especially useful in acute, excessive, and dangerous Diarrhœa, of Enteric Fever, Dysentery, Phthisis, and the Choleraic Diarrhœa of children.

3. *To convey nourishment*—Injections are sometimes used to sustain the system, by introducing food up the rectum when it cannot be taken by the stomach, as in obstinate vomiting. Cancer, etc. Soup, milk, the brandy-and-egg mixture, etc., may be administered in this way. It is necessary that the rectum should be empty before injecting nourishment. Effective nutrition cannot long be maintained in this way, although it will serve to tide over an emergency.

HEAD BATH.

Place a small tub on the stool and plunge the upper head into the water for 1 to 5 minutes. Wet the back of the head with the hand. Afterwards dry up the head.



This is frequently prescribed by father Kneipp in cases of Ring-worm, dry-scab etc.

EYE BATH.

In order to clean the eyes of every type of dirt and impurity in it

a good plan is to fill up an ordinary Eye Bath with a weak solution of salt water. Holding your breath in, you should plunge your

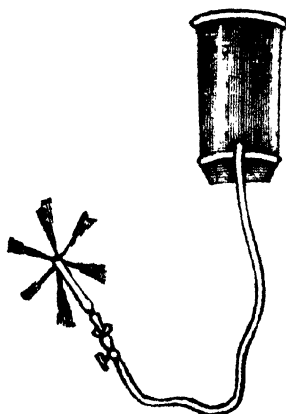


face into it and open and shut the eyes in the water for ten times.

(a) Cold eye bath is excellent for keeping the eyes healthy. It strengthens the inner and outer vessels.

(b) The warm eye bath (luke warm) is employed when the eyes are inflamed or diseased,

VAGINAL DOUCHE, Make out of tin or galvanized iron, a container five inches in diameter and about 10 or 11 inches high, with a small opening near the bottom, to which fit a piece



of rubber tubing four feet or more in length, and at the end of it attach a nozzle as shown in the illustration.

The patient should lie upon her back. Insert the nozzle of the tube in the vagina, and always direct it downward and upward along the long vaginal wall. Keep the water container at a distance of 3 feet above the patient's hips.

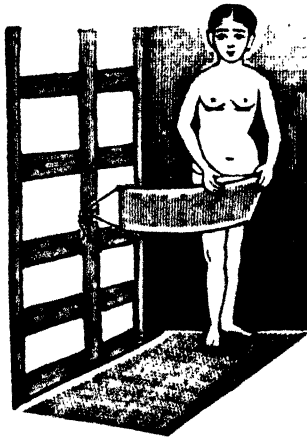
For ordinary cleansing purposes water should be lukewarm, but to relieve pelvic pain, it should be 110° to 115° F, and the quantity being four

quarts.

To re-establish the menstrual periods use several quarts of water at 100 degree F, and repeat twice or thrice a day.

Wet Sheet Pack in the Female Disorders.

The wet sheet pack, administered around the vaginal region and abdo-



men gives wonderful results in all the female menstrual disorders.

The Affusion.

There are four important types of affusion.

1. Knee Affusion.
2. Upper Affusion.
3. Back Affusion.
4. Complete Affusion.

1. (**Knee Affusion.**) The Patient sits on a stool, bares his knees, and affusion is performed by means of a small watering



can. (As shown in the illustration.)

For this affusion from two to ten watering cans full of water may be employed.

In general, such persons as suffer from weakness and poverty of blood should not attempt more than two watering cans at a time, and then

by and by increase the number until they come up to ten cans.

The affusion has a great invigorating and bracing effect. It is very useful for treating patients of leg pains.

2. (**Upper Affusion.**) Patient bares himself up to the waist, he leans both hands in a tub placed on a small stool, in such a manner that



the body assumes a horizontal position, and then the affusion is performed. The water should not pass over the head especially when the patient has long hair; the neck, on the contrary should be well affused. The

water should be poured in such a way, that the whole of it falls in the tub.

This affusion rapidly increases the circulation of blood and restores activity to the body.

3. (**The Back Affusion.**) is the continuation of the upper Affusion



and is applied when-ever it is desirable to act directly on the spine. Its influence on circulation of blood is very favourable. After this affusion the chest should be quickly washed, and the patient without drying the

body should take some active exercise till heat is restored. This application of water renders a man very strong.

4. (**The Complete Affusion.**) It extends to whole body from the throat to the point of the toes.



The application of this affusion is quite clear from the above figure. This is applied alternately to the chest and the back with the contents of about six watering cans.

It braces the system, promotes circulation and strengthens weak people. This is very useful for those who wish to reduce their fatness and for those who wish to stop their Night Emissions.

COMPRESSES.

They are of 4 types.

1. The upper compress.
2. The lower compress.
3. Both upper & lower compresses together.
4. Abdomen compress.

(1) **The upper compress:**--A flannel, broad enough to cover the entire body from throat to below the abdomen, is steeped in cold water, well wrung out, and applied to the reclining patient on the bed, leaving open his mouth. Over this a blanket is drawn.

The compress should be applied from 30 minutes to an hour, and should be renewed if possible.

After the specified period, the patient must rise from the bed and quickly dressing, should take an exercise.

The effect of upper compress:—The upper compress has specially the effect of expelling unwholesome gases from the stomach and bowels.

(2) **The lower compress:**--The lower compress is often used alternately with the upper one. This is also to be applied in bed. To avoid moistening the bed cloth a thick blanket should first be spread, on the bed and above it may be spread 3 or 4 fold wet linen sheet, long enough to cover the whole back from the back of the neck to the end of the spine.

The blanket should then be folded upwards over the patient, who is furthermore covered with another blanket or quilt.

This should also be applied from 30 minutes to an hour.

Effect of Lower Compress:—It is very effective to cure pain in the back and acute rheumatic affections. Also in the case of chill and fever it is very efficacious.

(3) **Upper and lower Compresses.** at one and the same time or alternately administered are very efficacious in cases of high fever.

(4) **Abdomen Compress:**— A wet linen cloth *folded four to six times* is applied to the abdominal

part of the patient's body. It may remain there from one to two hours, but must be renewed after an hour.

This is very useful in cases of indigestion, and stomach troubles.

SWATHINGS.

There are many kinds of swathings. The most important and worthy of note is the *Lower swathing*. It is prepared as follows:—

A woolen blanket is spread over the bed. A wet sheet large enough to cover the whole body, well wrung



out is spread out on the blanket as in the case of (lower Compress).

The patient then lies down over the sheet which is closely folded over him to the right and left, from under the arms right up to the toes of the

feet, the blanket is then wrapped over him to protect him from outer air.

This form of swathing promotes heat and drives out the unhealthy germs contained in the system. For leg troubles and rheumatic pain it is of great value.

Usefulness of Pure Water,

Pure Water and Pure Air are almost more necessary than anything else for the preservation of health.

When any one is describing a place the first questions asked are *Is the water good there ? Is the air pure ?*

A man may live very much longer without any food but if he cannot get water he dies soon.

Water is so very important for us, because our bodies are mostly composed of it. Two out of every three parts of the body are made up of water.

From our skins water is constantly being given off, either as *invisible vapour* or as *drops of sweat*. Besides, our lungs are giving off water at every breath we breathe out. This

is shown by breathing on a mirror when the watery vapour in our breath will form a damp mist on its surface. There is also, the loss by the urine and the fœces.

This loss of water has to be replaced or our bodies will rapidly lose weight, and if water is not provided we die. Ordinarily we get the necessary quantity of water from our drink and our food, for a large proportion of all foods consists of water. For instance, a seer of meat has about $\frac{3}{4}$ th of it as water; and a seer of flour has about $\frac{1}{4}$ th of it as water.

Now, *pure* water is *not* the same thing as *clear and tasteless water*. A water may be beautifully clear and have a sweet and pleasant taste and yet it may be most impure and may cause the death of the person who drinks it.

What Water is Composed of:—The ancients used to describe water, fire, air and earth as elements. But in the modern scientific world by experiments we have come to know that water is a combination of hydrogen with oxygen in the proportion of two to one. Chemically pure water

is never met with in nature as water has a greater power than any other substance of dissolving up some of the gases and solid substances with which it comes in contact.

What is Pure Water:— It is a water practically free from injurious
 organic matters,
 gases,
 metals,
 and containing no excess of even mineral substances.

The purest water obtainable is rain-water, when it is collected in clean vessels in the open country. *In towns* the rain as it falls is made impure by particles floating in the air and by various gases present in the atmosphere. Rain water is the purest naturally obtained water because it has been DISTILLED i.e. it has been heated until it became a vapour, and when that vapour cooled it again became water.

Now when the water becomes vapour it leaves behind practically all its solid impurities, and this is why *distilled water is the purest and safest*
 the

water becomes steam the impurities are not carried along with it but are left behind. In nature, pure water is got by the aid of the Sun's heat on the water on the earth's surface. The water is evaporated, forms a gas and rises up into the air. When it reaches an atmosphere where the air is very cold the vapour is changed back to the condition of drops of water. These drops of water form the clouds; and when it rains the water is again returned to the earth's surface. It falls into the ocean; it runs into rivers; it falls into pools or lakes; and it sinks into the ground.

Sources of Water Supply.

Some different sources from which we get our water are the following:—

- 1 Rain Water.
2. Surface Water—as streams, lakes, ponds, and ditches.
3. Subsoil Water—which is *under* the surface of the ground.
4. Deep Spring Water
5. Mineral Waters—sea water. salt-lake waters

The rain which runs into rivers, pools or lakes has first fallen on the earth where from it may take up and carry along with it different impurities. In this way it may make rivers, ponds or lakes dangerous to drink.

The Rivers.

The fæces of persons suffering from Cholera have so often been proved to carry that disease. Let us take an ordinary example. A person living near a river is attacked by cholera. He empties his bowels near the river. This dangerous poison is washed by rain into the river. People drinking water from that river easily catch that disease.

Purification by Subsidence:—If a river has been contaminated at a certain point it may be found quite free from that particular contamination, say, 5 miles lower down. If also the river falls over waterfalls the water is purified by being mixed with the air.

River Water:—Where there is a village on the banks of a river it is

always unsafe to use its water because many people in the village make a practice of throwing their house refuse or waste matter, as well as their fœces and urine, into it. The animals are taken to the river for drinking purposes and their fœces poison the water.

When the river is in flood its waters are particularly dangerous, because then there is more poisonous matter in it due to the greater amount of impurities washed into it by heavy rain.

Tank Water:—The ways in which a tank's water may purify itself are 1. by settling down the solid particles to the foot of the tank; 2. by fish and other living creatures which eat up some of the impurities; and 3. slightly by exposure to the sun and air. But these means are so very uncertain that no reliance must be placed on them. Tanks cannot purify themselves even to the extent rivers can because, there is no flow in them nor can they be subjected to the action of waterfalls.

It is most important that tanks should be thoroughly cleaned at regular seasons especially after a time of drought. Much mischief

is done, and often disease induced by allowing tanks to fill up after they have been dry or the water in them low; the quantity of sediment and filth is often very great, and if not carefully washed out becomes mingled with fresh water.

A Good Well:—The following particulars should be carefully marked in order to get wholesome supply of water from a well :—

1. Well should be lined with an impenetrable lining from its mouth down to the level of the impenetrable layer of the soil which it cuts. Generally this is done by lining the inside of the well with brick work covered thickly by cement on the surface.

2. The well's mouth must always be kept closed tightly so that filth may not drop into it. There should be a trap door with hinges to close as soon as water has been drawn from the well.

3. A zinc bucket may be used or, best of all a pump to draw up the water. Chains are better than ropes,

which easily get dirty. Private earthen pots should never be lowered into a well.

4. There should be a cemented wall rising two or three feet at least above the mouth of the well. This wall should have a sharply pointed top to prevent people using the mouth of the well as a seat.

5. The space round the well should be kept very clean.

6. No latrine or refuse-pit should be placed anywhere near the well.

7. No washing of clothes or of cooking or other vessels should be carried on anywhere near a well.

8. Any hollows, near a well, in which water can collect should be filled up.

9. Baths of recovery by people just recovered from illness, should be carefully taken at well-mouths, so that no impure substance may go into the water.

10. A well should, as a rule, be not less than 30 feet deep.

How to Store Water in Houses:—

Water should be stored in glazed earthen pots and these should always

be kept perfectly neat and clean.

Clean copper vessels or glass-bottles with tight-fitting glass stoppers are best for use in houses for storing small quantities of drinking water.

Necessary Precautions.

1. See that the water provided for drinking purposes in your house has been boiled.

2. After the water has been kept boiling for five minutes, cover it and let it cool.

In so doing you have boiled the air out of it and in order to make the water pleasanter to drink, you should *pranise* it (It is often poured backward and forwards from one perfectly clean vessel to another several times so as to mix it with the air.)

To tell the truth there is no beverage so wholesome and agreeable as pure water.

It is the natural drink of man and is highly favourable to digestion. It enters into the composition of the tissues of the body and forms such a necessary part of its structure as to be absolutely indispensable for life and health.

Water may be obtained tolerably pure in rain or snow collected in suitable vessels in the open country, away from crowded dwellings and factories, where processes are constantly going on which tend to its deterioration. Spring, river, sea, surface, well and mineral waters, all contain various substances dissolved in them, which render them often unsuitable for drinking.

Even for cooking and bathing purposes, the pure water should be used. The purest water is obtained from deep wells, bored through the earth (Artesian Wells).

It is a fallacy to suppose that surface-well water is purer than that obtained from deep wells, because it is more sparkling and often cooler and clearer. The sparkling of these waters is due to the presence of carbonic acid gas, and that acid which may be derived from the decomposition of animal and vegetable substances.

Again the water which sinks into the ground finds its way into a Shallow Well with different impurities with it. Now supposing that a man suffering

from cholera empties his bowels on the surface of the ground near a Shallow Well. The watery part of the fœces sinks through the ground and finds its way into that well, carrying cholera poison with it. Water in the well is now poisoned, and will catch cholera among those who drink and use it.

The following different sources of water are important for their good taste and wholesomeness.

Wholesome	}	1. Spring water.	{	very
to use:—		2. Deep well water.		good;
		3. Upland surface water.		taste

Artesian Wells:--Are springs made by boring very deeply into the ground and the water from these wells gently spouts high into the air as if it is under great pressure below the surface. They generally yield very pure water.

DEEP WELLS:-- give generally pure supplies, because a deep well is one whose water comes from layer of soil lying below an impenetrable layer of soil.

DRINKS AND BEVERAGES.



WATER.

No other rule is of so much importance as the one that enjoins on us to avoid all compound drinks and aerated waters. Water is the only wholesome beverage, the best solvent and diluent of the solid portion of our food. It keeps up the tone of the stomach, without exhausting its vigour, and furnishes the most simple and manifestly the most suitable

supply to the secretory vessels as well as to the general humidity of the body. Good fresh water is the only fit and salutary drink for the use of man. All others are harmful, in proportion that they differ in their quality from water. Water, besides nourishing the body, also acts as a stimulant, but without that depressing reaction which accompanies the use of alcoholic drinks. Water may also be looked upon as a medicine. It is a great purifier of our systems, an indispensable aid to digestion and a laxative, if taken early in the morning.

MILK.



(1) You should be very fond of milk and drink about 2 quarts a day. We suggest you to try this, for milk is excellent for the tissues and will help your muscles to gain in strength and size. Pure milk brings all the food substances in abundance, except iron. (2) Milk is corrective; it makes up for deficiencies in other foods. It is a perfect substitute for meat, and even better than it, for it does not contain harm-

ful acids. (3) Milk contains a large amount of food for the entire system than any other food. It is easily digested and more easily assimilated than any other food. It is, in fact, the most perfect food. Besides, it contains certain salts that are so necessary for health. (4) Fresh milk with cornmeal mush is very good for strong vitality. (5) Milk should always be drunk slowly, in little sips of not more than one teaspoonful at a time; otherwise, it curdles into a large mass in the stomach and is difficult to digest. (6) Milk, if heated, loses its life principle and, therefore, gets poorer for bodybuilding purpose. It should, as far as possible, be taken altogether without being boiled, or only very slightly boiled. You should remember that milk is more useful and is more easily digested, if taken before the chemical action has separated the cream from it. After the cream is separated, it is not so wholesome. Only strong people can digest it in that state, or can drink pure cream without difficulty of digestion. Fresh, unheated milk cures anæmia. Milk should not be taken at the same meal with meat. It may be

used with vegetables, but fruits should never be eaten at the same time with milk. They may be taken a little later on, however. (7) You should take plenty of vegetables and fruits, if you get into the habit of taking plenty of milk. This is to supply the deficiency of iron in milk. (8) A slice of bread and a glass of milk have a value that few realize at this day.

ICED LIQUIDS.

Ices are, to a certain extent harmful to the digestive organs. They should, therefore, be avoided. Iced drinks at meals interfere seriously with digestion. Iced beverages chill the stomach and retard digestion.

TEA

Uses of Tea.—Owing to its stimulating action on the nervous system, tea



is very serviceable to travellers and

soldiers, and should be preferred to alcoholic stimulants after fatigue. It is equally efficacious against heat and cold, in nervous exhaustion, particularly in hot climates, or consequent on walking in the sun, especially when followed by shortness of breath, it has often proved strikingly beneficial. It excites vital action, and stimulates respiration. Though it supplies very little nutritive material, it increases cheerfulness and activity, clears and quickens the brain, stimulates the energies, and lessens the disposition to sleep. By its heat it warms the body when cold, by promoting the action of the skin it cools it when hot, and by its astringency it modifies the action of the bowels.

Tea Injurious.—As commonly prepared, tea is often the cause of much Dyspepsia, particularly when drunk in excessive quantities, or too frequently—that is, as a rule, more than once a day. When tea causes loss of appetite, palpitation of the heart, mental excitement, or sleeplessness, obviously its use should be relinquished. Tea should never be given to children,

ough largely diluted.

Three hours after dinner, if digestion has proceeded too far to be much interfered with, the habit of taking one or two small cups of tea is usually unobjectionable; but tea is always better avoided at bedtime.

Preparation.—To make tea, especially for the dyspeptic, it should only be infused in boiling water three minutes, and then poured off into a heated teapot, so as to separate it from the leaves. Thus prepared, tea is not so likely to cause flatulence.

The use of sugar in tea, except in small quantity, should be given up by persons who have a tendency to become corpulent. According to our taste, the flavour of tea is improved by substituting lemon for cream or milk; pouring the hot tea over a slice of lemon cut with the rind upon it. Besides being more palatable, the lemon-juice more effectually allays thirst, and is especially valuable at those seasons of the year when fruits and fresh vegetables are not generally to be obtained.

